

ABSTRACT OF THE DISCLOSURE

Light emitted from a laser is divided into two light waves so that the ratio of the power of one light wave to the power 5 of the other will be appropriate. The resultant light waves are irradiated to the same track on a medium. The preceding spot is used for erasure, and modulated so that the same pattern as the one formed with a recording pulse will be formed. The high-power component of the modulated light of the erasing spot 10 causes the temperature of a recording layer to be equal to or higher than the melting point. The medium-power component of the modulated light forms a crystallizing temperature area on the recording layer. A liquid crystal diffraction grating is used to divide power, and a power division ratio is variable 15 and controllable.